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Navy & Marine Corps Medical News  
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This service distributes news and information to Sailors and Marines, their families, civilian employees, and retired Navy and Marine Corps families. Further dissemination of this e-mail is encouraged.

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MN970229. Psychologist Makes At-Sea "House" Calls  
    Sigonella, Sicily - A psychologist who makes house calls to the middle of the Mediterranean?  
    If you're Naval Hospital Sigonella Clinical Psychologist LCDR Bryce Lefever, MSC, it's all part of the job.

    Instead of ships sending patients to him at Naval Hospital Sigonella, Lefever has flown aboard both USS ROOSEVELT (CVN 71) and USS KENNEDY (CV 67) to provide much-needed therapy.

    One of the most essential services Lefever provides is visits the ships as part of the Critical Incident Stress Debriefing Team (CISDT), a group of health care providers who help Sailors cope with tragic events. Lefever put together and trained the team shortly after his arrival in Sigonella late last year.

    According to Lefever, when deeply disturbing events occur, whether natural or man-made, the individuals involved may feel overwhelmed. His CISDT helps those affected cope with the tragedy.

    In February, Lefever and his team were invited to USS ROOSEVELT to help Sailors cope with the crash and death of

four shipmates when Sea Control Squadron (VS 22)'s S-3 Viking aircraft went down in the Mediterranean Sea.

Lefever also visited ROOSEVELT during its transition with the USS KENNEDY (CV 67) Battle Group, evaluating patients on both ships and again preventing the need to medevac Sailors and Marines to shore facilities.

"It's satisfying to serve the operational Navy," said Lefever. "The Sailors and Marines at sea who work under extreme stress and who are in harms way deserve as much support as we can afford to give them."

By LCDR A. M. Kobuszewski, MSC, NH Sigonella

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MN970230. SMART Smart Medicine for Marines

Camp Pendleton, CA - Naval Hospital (NH) Camp Pendleton is practicing smart medicine at the Marine's School of Infantry (SOI).

The Sports Medicine and Reconditioning Therapy (SMART) clinic, conveniently located near SOI, has proved to be an excellent collaboration between the medical community and the "Line" customers.

The clinic was developed to provide care for musculoskeletal injuries to those with the greatest need - the Marines at SOI. And SMART has done just that. Marines have easy access to therapy, rehabilitation and an education from specialists.

"Marines are a product of society and have poor body awareness. We teach them how to care for chronic or acute injuries," said CDR Joseph L. Moore, MC, specialty leader to the surgeon general for sports medicine.

Before SMART, a Marine suffering with an injury, such as a sprain, would be out of training or have light duty for as long as 15 days. Today, that same Marine is back in training within four days.

For acute injuries that require surgery, such as a dislocated shoulder or ligament damage, the recovery time has decreased from an average of 90 to 32 days.

"Marines cannot afford to miss a training day or they'll get dropped and recycled into another class," said Moore.

To help keep them motivated, the injured Marines are treated immediately while surrounded by peers in a rehabilitation platoon to encourage one another. They are also taught their responsibility for the progress of their rehabilitation, and how to prevent re-injury.

Besides rehabilitation, another major focus of SMART is prevention. As Marines step off the bus to attend SOI, they are screened for many potential problems, such as knee injuries. If a potential problem is identified, the Marine is put into a stretching program for conditioning.

According to Moore, the prevention and education efforts of the program have been estimated to save the Marine Corps \$1.55 million.

By Kimberly Allen, Bureau of Medicine and Surgery

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MN970231. USS KENNEDY Sailors Help Save Tourist in Spain

USS KENNEDY - A willingness to get involved and quick reaction helped four USS JOHN F KENNEDY (CV 67) Sailors save the life of a tourist in Benidorm, Spain recently.

HM1 Mark Laufenberg, HM3 Danny Prevou, DT3 Jack Fortner and AOAN Derek Strom were preparing to go out on liberty in Benidorm when they heard a commotion in the hallway outside of their hotel room. Fortner checked to see what the problem was and saw a woman motioning for him to come to a room down the hall.

"When I entered the room, I discovered a man lying unconscious on the bathroom floor and immediately called out for help," said Fortner.

He established that the victim was breathing, but his pulse was very weak, and then stopped altogether.

"His skin was pale and clammy and his eyes were fixed," said Laufenberg. "It could have been a heart attack or a stroke."

Prevou and Strom then started CPR on the victim until a Spanish emergency medical team arrived. The four Sailors then assisted the medics in evacuating the victim to an ambulance.

By EM3 Mark Trammell, USS KENNEDY

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MN970232. Professor Teams With Navy Docs in Knee Research

Monterey, CA - Teaming a mechanical engineer with two Navy doctors to do medical research may seem like a mismatched coupling to some.

But it's helping with a problem that puts about 1,000 Sailors and Marines in pain each year and forces some out on a medical discharge.

For the past five years, Naval Postgraduate School's Professor of Engineering Dr. Young Kwon has been assisting LCDR David Adkison, MC, and LCDR Marlene DeMaio, MC, research different techniques to repair ligament injuries to the knee.

The trio's research involves gathering information about knee motion. The data they collect will aid orthopedic surgeons in repair of knee ligaments.

"Our goal is to characterize knee motions," Kwon explained. "We have to understand knee behavior before repair can be done."

Kwon became involved in this medical research after Adkison and DeMaio asked for assistance from the postgraduate school. Kwon volunteered to help and the trio spent close to two years discussing and planning strategies before moving into the engineering lab.

Under the guidance of the two doctors, Kwon and his students began studying knee range of motion to determine if there's a common point at which ligament damage occurs.

"In the past, research looked at different angles of

the knee, but our research looks at continuous motion," Kwon said. "We want to evaluate different ligament surgery techniques and compare them."

To test knee functions, the research team uses a computerized device that flexes the knee mechanically and measures knee motion continuously. It's in this aspect of the research that the students become involved.

"These students apply engineering principles - skills they're still learning - yet they're doing medical research," said Kwon.

"Eventually, we'll have enough data to characterize each knee type," Kwon said. "Someday this information could be used to help surgeons repair knee injuries. That's our goal."

by JO1 Diane Jacobs, Naval Postgraduate School, Monterey

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#### MN970233. Okinawa's Busiest Clinic Gets Bigger and Better

Okinawa, Japan - U.S. Naval Hospital Okinawa opened its newly expanded physical therapy clinic recently and is already getting raves.

The clinic expanded by almost 50 percent, according to LCDR Mark Heniser, MSC, department head of physical and occupational therapy. When he first arrived at the clinic, there was only one exercise bike and a few tables in cramped space.

"It was so small for the amount of patients we have, they were waiting in line to use the equipment," said HM2 Tammie Harris, physical therapy technician.

"We are the busiest clinic on the island," said Heniser. "We see between 2,500 and 3,000 patients each month."

Harris says more space and equipment has made the atmosphere in the clinic more friendly and it's also helping the patients get better care.

"The morale is high," said Harris.

According to Heniser, the majority of their patients are Marines. The most common injuries are knee injuries, mostly from wear and tear.

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#### MN970234. Engel Selected As Nursing Fellow

Washington, DC - Rear Adm. Joan M. Engel, NC, has been elected as a "fellow" by the American Academy of Nursing (AAN).

Election as a fellow in the AAN is considered one of the highest professional recognition nurses can receive. The distinction is awarded to those who have made significant achievements and contributions to the profession.

Engel currently serves in a dual role as Director, Navy Nurse Corps and Assistant Chief, Operational Medicine and Fleet Support for the Bureau of Medicine and Surgery.

Engel is only the fourth active duty Navy Nurse Corps

Officer to achieve this honor since the Academy's founding in 1978.

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MN970235. Cope Named Hawaii's Bug Man of the Year

Pearl Harbor, HI - LCDR Stanton E. Cope, MSC has been selected Entomologist of the Year by the Hawaiian Entomological Society.

As an entomologist, Cope focuses his efforts on disease and pest control, pesticide use reduction, and many other health issues related to insects.

During Cope's tenure as the entomology department head at the Navy Environmental and Preventive Medicine Unit No. 6 (NEPMU-6), Pearl Harbor, the unit increased its collaboration with local, regional and international health agencies to help combat insect-carried diseases such as typhus, Japanese encephalitis and dengue fever.

Cope also authored or co-authored eight scientific papers and was senior author on a paper on insects found among U.S. troops serving in the Persian Gulf region.

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MN970236. Nurse Receives Clinical Nursing Excellence Award

Bethesda, MD - Diane Bloom, MSN, CNM at the National Naval Medical Center (NNMC) was presented the 1997 Shea-Arentzen Nursing Award for clinical nursing excellence.

Established in 1978, the award recognizes and honors accomplishments and sustained work performance in clinical nursing that substantially impacts the mission of Navy medicine.

Bloom, a perinatal clinical nursing specialist, is a case manager for high-risk and multiple-gestation pregnancies.

"What Diane helps us do is manage the whole patient - not just the specific problem that mom or baby might have, but the kind of things that surround that. She's invaluable in helping with family issues, following up with patients, and being there for them," said LCDR Michael W. Gallagher, MC, prenatal assessment center director and Bloom's immediate supervisor.

Bloom's greatest reward is patient satisfaction. "It feels good to see mothers going home with healthy babies, or seeing them with a child that has problems, but they're well-prepared for it and can cope, because they're more knowledgeable and informed. I think probably the saddest part is not being able to do more for each individual patient," said Bloom.

"She's instrumental in giving excellent care to the sickest part of our population and she does the work of about five people," said Gallagher. "you can't give her enough awards for what she does."

By JO1 Cathy Konn, Bethesda, MD

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MN970237. Revised Sideburn Standards Announced

WASHINGTON (NWSA) -- In order to achieve more uniform hair standards for men, BUPERS recently released new guidelines on sideburns. The change is described in NAVADMIN 140/97.

Previously, sideburn length could extend to the bottom of the ear. Effective immediately, sideburns will not extend below the point level with the middle of the ear. As was previously the case, sideburns will be neatly trimmed, even in width (not flared) and exhibit a clean shaven horizontal line.

Further information is available through NAVADMIN 140/97, or by calling Master Chief Montgomery, Navy Uniform Board, at (703) 614-5075.

By LT Bill Anderson, BUPERS Public Affairs

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#### MN970238. TRICARE Question and Answer

Question: I'm a TRICARE Prime participant. I don't think I got the service I should have from my civilian Primary Care Manager. If I have a grievance for services rendered under the TRICARE program, who can I contact?

Answer: Any grievance should be reported to the military treatment facility Commander or the office of the Lead Agent in your TRICARE region. Generally, they will work with the regional Managed Care Support Contractor - the civilian organization that is responsible for the civilian health care providers working TRICARE - to help resolve any problems you might have with a civilian network provider under the TRICARE Program.

Contact the nearest TRICARE Service Center for more information.

Additional information on TRICARE is available on the Department of Defense (Health Affairs) Homepage on the World-Wide Web at [www.ha.osd.mil](http://www.ha.osd.mil).

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#### MN970239. Healthwatch: Test Your Nutritional Knowledge

Fresh fruits and vegetables are great quick food choices since they require little or no preparation and are loaded with important nutrients. The Food and Drug Administration recommends eating at least five fruits and vegetables a day.

Test your knowledge of the nutritional benefits of fruits and vegetables. Answer yes or no to the following:

Question: Can eating cabbage help reduce the risk of some cancers?

Answer: Yes. The National Institutes of Health recommends eating cabbage, as well as other vegetables from the cabbage family such as broccoli, cauliflower and kale, to reduce the risks of certain types of cancer.

Question: Is dietary fiber, found in most fresh fruits and vegetables, also found in dairy products and meats?

Answer: No. Dietary fiber is not found in animal products. Whole grains, fruits and vegetables are all good

sources of dietary fiber.

Question: Do vegetables with deeper color contain beta-carotene?

Answer: Yes. The more beta-carotene in a food the richer its yellow, orange or green color. Eating foods rich in beta-carotene may reduce the risk of some forms of cancer.

Question: Does a chili pepper have more vitamin C than an orange?

Answer: Yes. One fresh chili pepper contains almost 40 percent more vitamin C than an orange.

Question: Are there any sweet desserts for under 100 calories?

Answer: Yes. Fresh fruit is a great dessert because it is naturally sweet and low in calories. A cup of mixed fresh fruit can have between 65 and 100 calories.

Question: Are fresh fruits and vegetables high in sodium?

Answer: No. Almost all fresh fruits and vegetables are naturally low in sodium.

Question: Are fresh fruits and vegetables composed mostly of water?

Answer: Yes. An average apple is 85 percent water plus vitamins, minerals and complex carbohydrates.

Question: Does the amount of water used in cooking vegetables affect their nutritional content?

Answer: Yes. When cooking vegetables, use as little water as possible to avoid losing nutrients in the cooking liquid.

Question: Is there calcium in vegetables?

Answer: Yes. Broccoli, bok choy and dark leafy greens (kale, mustard and turnip greens) are all good sources of calcium.

Courtesy of the Well Street Journal, Naval Hospital Rota, Spain

Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail [mednews@bms200.med.navy.mil](mailto:mednews@bms200.med.navy.mil), telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.